

TEN DAY SESSION LEADS TO PERMANENT PROGRAM

Enthusiastic Response from Participants

The first Ten-Day Explorations session of the Institute's Gateway Program was so effective that by March nearly half of the original group had requested reservations for the next Explorations session, to be held in Montana September 8-17.

At the Feathered Pipe Ranch near Helena, Montana last September, 56 people from all walks of life spent 10 days exploring the farther reaches of the Gateway Program. This was the first time that the Institute had conducted any training session longer than the typical Weekend session.

A major finding from this first Ten-Day session was that the longer format was more efficient and productive than all the shorter formats combined. This was due in part to the setting and the environment created. A vacation feel surrounded the session. After four days the habits and problems of daily life faded into the background—making way for intensive changes in perception and self-image.

Stuart Twemlow, M.D., a research psychiatrist and formerly chief of research at the Veterans Administration Hospital in Topeka, was on the staff. He reports:

"In the session we found that, amongst the numerous effects on self-esteem, intensive use of the tapes over many days produced what could be called a psi-conductive state with numerous examples of a form of telepathic sharing of mental experiences during the tape. For example, two people who knew each other very little, but who were in fact lying close to each other: one had the experience of being very thirsty in a desert; the person next to him had a similar image that the first individual was very thirsty and decided he would imagine rain. He did so, and the first person picked up the rain, drank the water and had his thirst quenched. This type of vignette is quite typical of the shared experiences. It reminds one of the studies of psi-conductive states by Stanley Krippner and Montague Ullman in their book, *Dream Telepathy*.

There were many pieces of evidence in the workshop of subtle changes in thinking. For example, tense and harassed [sic] business men became much more at peace with themselves and, I think it would be fair to say, began to think positively as opposed to negatively. One such individual was so at peace with himself that wild animals in the surrounding bushes felt comfortable with him. In one case, a wild chipmunk crawled up onto his shoulder. Such people became able to see the growth aspects of negative experiences and encouraged others to focus on these rather than the destructive or painful elements.

Many people seemed able to master, in their own creative search, the symbolic forms of imagery and to use symbolism to aid them in their decision-making.

Kundalini power, a concept so important in theoretical studies of meditation and explored more particularly by Gopi Krisna, seemed to be raised in a number of the participants in this workshop, creating problems—problems primarily related to a difficulty in channeling this energy. When it could be channeled, it led to the uncovering of numerous defenses and conflicts which had been inhibiting the growth of a form of consciousness which has been commonly seen in people exploring alterations in consciousness for their own personal growth."